## **WEEK 1 CQM**

## (Pistol and Rifle Fundamentals, building accurate speed)

D1 (Mon)	D2 (Tue)	D3 (Wed)	D4 (Thur)	D5 (Fri)
Pistol Fundamentals	Dynamic Pistol Graded Pistol	Fundamentals Static Rifle	TGT Transitions Dynamic Intro	AMT Practical Application
<b>0800-0830</b> Wpns Draw	<b>0800-0830</b> Wpns Draw	<b>0800-0830</b> Wpns Draw	<b>0800-0830</b> Wpns Draw	0800-0830 Wpns Draw
0830-0900	0830-0900	0830-0900 Transportation 0900-0930	0830-0900	0830-0900
Transportation  0900-0930  Range Set up  0930-1200  Grouping  1200-1300  Lunch  1300-1500  Recoil / Tgt Transitions  1500-1600  Rng/Wpn maintenance	Transportation  0900-0930  Range Set up  0930-1200  Move Width & Depth  1200-1300  Lunch  1300-1400  Move Width & Depth  1430-1500  Graded Grouping  1500-1530  Graded Recoil	Confirm Zero (As needed) 0930-1230 Rifle Fundamentals Instruction 1230- 1330 Lunch 1330-1500 Static Rifle (Recoil) 1500-1600 Rng/Wpn	Transportation 0900-0930 Range Set up 0930-1100 Push-pull & Recoil 1100-1200 Transitions 1200-1300 Lunch 1300-1500 Transitions & Fwd Movment 1500-1600	Transportation 0900-0930 Range Set up 0930-1200 Round Robin Bay 1,2,3&4 1200-1300 Lunch 1300-1500 Round Robin Cont. Bay 1,2,3&4 1500-1600
Transportation 1630-1700 Wpn Turn in	Rng/Wpn maintenance 1600-1630 Transportation 1630-1700 Wpn Turn in	maintenance 1600-1630 Transportation 1630-1700 Wpn Turn in	Rng/Wpn maintenance 1600-1630 Transportation 1630-1700 Wpn Turn in	Rng/Wpn maintenance 1600-1630 Transportation 1630-1700 Wpn Turn in

## WEEK 2 CQM (Dynamic Rifle/Transitions/Bring it all together)

D6 (Mon)	D7 (Tue)	D8 (Wed)	D9 (Thur)	D10 (Fri)
Dynamic Rifle Fwd Movement	Dynamic Rifle Width & Depth	Weapon Transitions	Weapon Transitions Graded Events	AMT Practical Application (weather day)
<b>0800-0830</b> Wpns Draw <b>0830-0900</b>	0800-0830 Wpns Draw 0830-0900	0800-0830 Wpns Draw 0830-0900	0800-0830 Wpns Draw 0830-0900	0800-0830 Wpns Draw 0830-0900
Transportation 0900-0930 Range Set up 0930-1200 Dynamic Rifle 1200-1300 Lunch 1300-1500 Dynamic Rifle 1500-1600 Rng/Wpn maintenance 1600-1630 Transportation 1630-1700 Wpn Turn in	Transportation  0900-0930 Range Set up  0930-1200 Dynamic Rifle  1200-1300 Lunch 1300-1500 Dynamic Rifle  1500-1600 Rng/Wpn maintenance 1600-1630 Transportation  1630-1700 Wpn Turn in	Transportation  0900-0930 Range Set up  0930-1030 Warm ups  1030-1200 Wpn / Tgt Transitions  1200-1300 Lunch  1300-1500 Fwd movement & push pull  1500-1600 Rng/Wpn maintenance  1600-1630 Transportation  1630-1700	Transportation  0900-0930  Range Set up  0930-1030  Warm ups  1030-1200  Wpn / Tgt  Transitions  1200-1300  Lunch  1300-1630  Graded Events  1630-1700  Rng/Wpn maintenance  1700-1730  Transportation  1730-1800  Wpn Turn in	Transportation 0900-0930 Range Set up 0930-1230 Round Robin Bay 1A,1B,2A,2B 1230-1300 Rng/Wpn maintenance 1300-1430 Transportation 1430-1500 Wpn Turn in END OF COURSE